

# LIFE – REALIZATION™

at Yoga Center of California  
445 East 17th Street, Costa Mesa, CA. 92627

## **Subject: Meditation – Your Transmitter and Receiver**

---

### **Points to remember:**

Television and radio stations broadcast their signals from **transmitters**.  
Your tv set and radio are **receivers** which tune to the programs, the  
signals of your choosing.

In the experiences of Higher Consciousness, you use your personal  
transmitter and receiver.

Your *third eye* is a spiritual transmitter.

Your *heart center* is a receiver.

Develop these centers, and your ability to use them, by concentrating  
on them a few minutes each day.

Patient attention is required. Strain prevents successful development,  
and may cause headaches.

The *third eye* is half an inch above where the eyebrows meet.

The *heart center* is inside your spine directly back of your heart. How-  
ever, for the purpose of “receiving,” beginners sometimes have  
more success by concentrating in the central front of their chest.

### **The Life-Realization™ Technique**

Mentally “call out,” broadcast your yearning, from your third eye. Keep broad-  
casting until your signal is clear, one-pointed, and free of the static of other thoughts.

Then, after approximately ten minutes of “calling out” from your third eye, turn  
your attention to your heart center and be receptive for several minutes. Be atten-  
tive – rather than passive – in your receptivity.

### **This Week – The Practical Application**

This method of meditation can also be extremely helpful for breakthroughs in  
prayer. Call out to the Lord from your third eye and express yourself earnestly. Abide  
in your loving call until your mind is clear. Then be sensitively receptive in your heart  
center. Love, Comfort, and Insight will shower upon you as you develop.

## **Yoga Is Interplay Between Finite And Infinite**